

"Where the sexual impulse is excessively strong, we can accomplish more by reducing the blood pressure than by moral suasion. In a word, we should treat the morbid circulatory condition and leave morality to right itself when a satisfactory cerebral circulation has been restored by the use of a suitable diet." Now it is interesting to note that uric-acid-containing and forming foods and beverages, as meat, coffee, etc., tend to increase the blood pressure, and these same substances are aphrodisiacal.

In Dr. Benedict's experiment on the influence of the protein intake on the sexual life of a group of 24 young American men who were put on a low-protein diet for four months, there occurred a marked fall in blood pressure coincident with a corresponding diminution and disappearance of sexual desire; but when the previous high-protein diet and greater consumption of meat was resumed at the end of the experiment, the blood pressure rose and so did sexual desire at the same time. The same was true of involuntary sexual manifestations as nocturnal emissions, which practically disappeared during the period of low-protein feeding, and returned with usual intensity when the protein intake was high. Dr. Benedict's experiments proved conclusively that both the voluntary and involuntary phenomena of human sexuality are under the control of the diet.

Uric acid is a toxin formed in the blood by foods rich in protein, especially of animal origin; and hence is an outstanding aphrodisiac. Uric acid is a normal end-product of the metabolism of nucleo-proteins, which are abundant in meat and other flesh foods. These also contain pre-formed uric acid, in addition to what they generate through metabolic decomposition.

It is interesting to note that meat also contains a toxin known as creatin, which has the tendency to increase blood pressure. We can thus understand why meat is such a strong sexual stimulant and while a vegetarian diet low in protein has been recommended by physicians and philosophers since time immemorial as a means of reducing sexual tendencies--back to the days of Pythagoras, who first recommended a low-protein diet as a means of making continence easy and natural, a doctrine which his disciples successfully practiced and which Apollonius of Tyana, five centuries later, made the foundation of a new naturalistic religion which he taught during the first century A.D. The aphrodisiacal effect of alcoholic beverages is also associated with their effect to increase the blood pressure. The same is true of tea and coffee, which are strong aphrodisiacs and which contain preformed uric acid. In the case of woman, a periodic increase and decrease of blood pressure has been noted during the menstrual cycle; the periods of increased blood pressure coinciding with periods of increased uterine engorgement and heightened sexual feeling, while the reverse occurs when the blood pressure dropped after menstruation.

According to the two great French medical sexologists, Drs. Tissot and Deslandes, the seat of sexual sensibility lies in the mucous membranes of the prostatic urethra (in the male) and their associated nerves; and the irritation of this mucous membrane by acids and toxins explains the action of aphrodisiacs and uric acid in evoking sexual impulses which are transmitted first to the brain and then to the organs of the body in which they set up circulatory and muscular reactions. It is for this reason that unusual sexual excitement is sometimes a forerunner of an attack of gout, which may be explained when we consider that the initiation of the local symptoms of this disease is usually preceded by the irritation of several mucous membranes by the increased condition of uric acid in the blood at this time. The irritating action of this uric acid on the mucous membranes of the prostatic urethra explains the sexual excitement preceding the attack.